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Scar Reduction and Skin Remodeling

Thread Modes

KingMe
Ultra Super Poster

GORILLA CREW

Posts: 5,375
Threads: 311
Joined: Oct 2016
Reputation: **9,947**

12-20-2016, 02:01 PM (This post was last modified: 12-20-2016, 07:56 PM by KingMe.) #1

Scar tissue is a type of collagen with a weaker composition than regular skin collagen.
Scar tissue having this less resistant cellular formation in comparison to healthy skin cells is a weakness that can be targeted.
Scars and pigmentation issues can be faded by breaking them down and stimulating remodeling process to replace and remove the affected tissue using the surrounding healthy tissue. This usually fades the edges and shallow portions first.
You can fill in an indented scar by stimulating collagen and the skin remodeling processes in the surrounding tissues.
Since scars aren't as resistant as healthy skin you can use certain things to break them down without doing damage to surrounding tissues or worsening scarring.

Break Down, Removal Phase

AHA/BHA acid peeling targeted areas

Dermastamping targeted areas

Deep Microneedling and PRP

Topical and injected steriods

CO2 Laser treatments

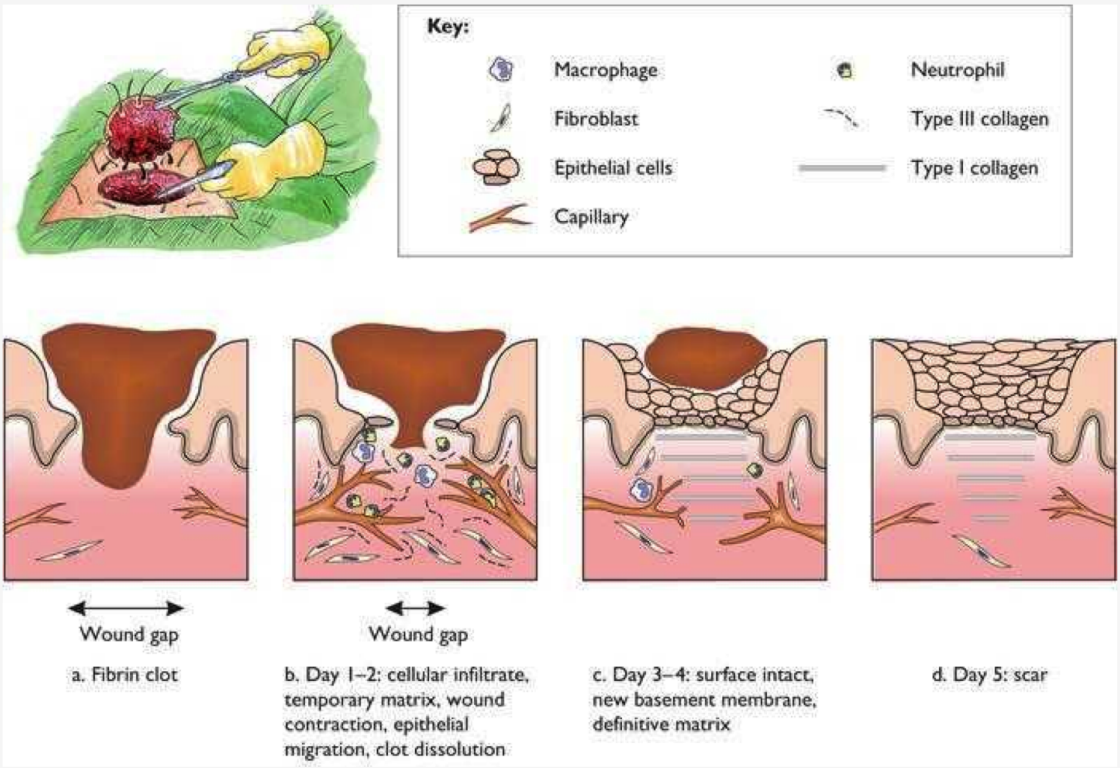
Scar Excision/ subcision

Cryotherapy (raised)

Indented scars have different indications than flat or raised hypertrophic scars and pigmentations, there is a lot of overlap.

Most of these other methods are a cope for individuals afflicted by low-iqitis

Poorcel edition
Spoiler



This is a 5 day healing process, the epithelial cells in the wound area are misaligned leaving a scar. Scar tissue with fill in the area over time to strengthen it.

This is the basic process of wound healing:

Wounds heal better and faster with moisture to the affected area. This is the #1 most important recovery phase factor to focus on when dealing with scar reduction.

When you break down your skin with most of the above methods you need to focus on proper recovery for results.

Recovery, Remodeling Phase:

Peptides, antioxidants, vitamin K, vitamin E in formulas that can penetrate the skin

Retinoids

Massaging Area affected area for a few minutes daily, oscillating brushes do this

Healthy diet overall including skin promoting foods like dark greens, pineapple, cucumber, melon

Silicone Sheeting or gel to affected area. You need to be consistent and use these regularly for results

Infared lighting treatments

Haelen Tape

Topical steroids

New types of coverings and gels that promote moisture and scar area compression

Bellafill dermafiller for indented areas

You need to keep your subhuman affected skin out of the sun or use suncreen

You need to wait 3-4 weeks before repeating the process again with another break down phase. These things can need to be repeated for years sometimes to achieve ideal results. It can happen but its not always easy. The cheapest most convenient way to start the ball rolling is to use the dermapen at 1-1.5mm on area followed with a

15%-20% TCA for a few seconds once a month. I use a vitamin and antioxidant serum and a GHK copper serum as well as silicone sheets at night and an invisible layer of silicone gel with antioxidants gel during the day through the recover phase. Avoiding retin-A on the target areas for a few days after a needle/acid and before resuming using it is a good idea. My results have been great at fading acne scars and good at slowly fading hypertrophic scars.

Cliffs - you can fade or almost completely reduce hypertrophic scars, certain acne scars and pigmentation issues by slightly-to-moderately damaging and then repairing your skin over and over. This process takes time but it is the only thing that works.

Share what you know in regards to this topic ITT boyos

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GloriousWin
Senior Member

Posts: 715
Threads: 29
Joined: Jan 2016
Reputation: **4,527**

12-20-2016, 03:20 PM #2

On the topic of peels, I'm not going to go into depth on it, because it's been years and years since I researched it(probably five or more). None of my research in this front was academic. Zero studies, etc. Every single thing I read was from accounts on places like essitialdailyspa, makeupalley, youtube reviews, etc.

Glycolic peels
As I recall, people with mild skin problems like uneven tone, or very shallow scars/acne marks sometimes benefit a lot from Glycolic peels(usually up around 30+%). I've seen only one or two people ever get a permanent disfiguring burn from it.

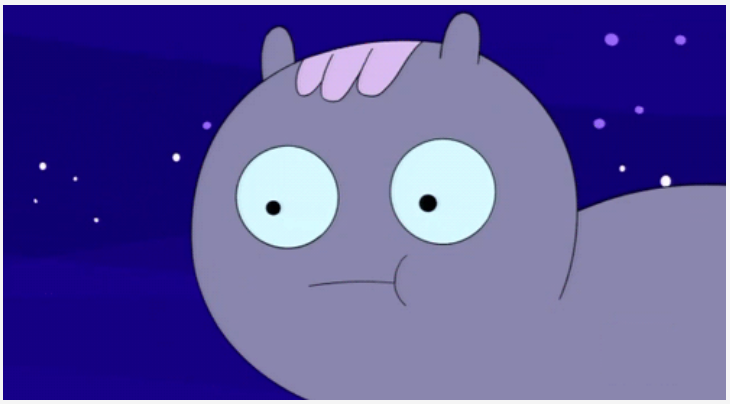
Jessner's peels
The most effective of the stronger peels is Jessner's peels. I forget the % strength. The Jessner's peels can sometimes reduce scar appearance dramatically. People who tried every other type of peel with little to no success, sometimes see an almost complete elimination of scar tissue. I've seen more than a few people who said that even laser treatments did less than a Jessner's peel.
The downside with Jessner's is it is a STRONG peel. After using it, it's almost like your face has been in a fire. It's not unusual for people to have literal face crust afterwards, and you can look absolutely horrible for weeks after using the strongest ones. Plus, your skin generally can't handle a strong Jessner's peel from the start. You almost have to build tolerance with Glycolic(or something else), first. Oddly, as powerful as it is, I've seen only a couple of people who had serious long term disfiguring burns from it.

TCA Cross
TCA is from what I read, the absolute worst peel. Most people who have no success with Glycolic, seem to see no real improved results with TCA. The only people I see singing it's praises are estheticians($$), dermatologists($$$$), and people who have never used another strong chemical peel. TCA cross is strong. You can't use it very often, and it seems to be the most dangerous of the peels from the accounts I've read. Most people who get permanent disfiguration from chemical peels, always seem to be using a TCA cross of 20-25%. Some of these people end up with it from the dermatologist applying it.

I concluded these things are a pain in the ass and not really worth it, outside of maybe the Jessner's. You have to

do prep work, you look like a burn victim for a good while, you can't use them while on Retin-A. And it makes your skin even more photosensitive than on Retin-A(and God help you if you just stopped using Retin-A right before peeling - *CFL lightbulbs can give you a sunburn*). So I opted not to do them. From what I've seen, the strong ones(30+% Glycolic and Jessner's), really are effective at reducing the appearance of scars. But I also think they're one of the biggest pain-in-ass ways to do it.

> **lltvyr Wrote:**
>
> You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



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KingMe
Ultra Super Poster

GORILLA CREW

Posts: 5,375
Threads: 311
Joined: Oct 2016
Reputation: **9,947**

12-20-2016, 03:49 PM (This post was last modified: 12-20-2016, 03:51 PM by KingMe.) **#3**

> **GloriousWin Wrote:** (12-20-2016, 03:20 PM)
>
> On the topic of peels, I'm not going to go into depth on it, because it's been years and years since I researched it(probably five or more). None of my research in this front was academic. Zero studies, etc. Every single thing I read was from accounts on places like essitialdailyspa, makeupalley, youtube reviews, etc.
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Yea TCA is dangerous tbh, that is the advanced method to at home efforts. Only white people should use TCA and it can make you look like shit for a week if you put it over your whole face and let it frost. Most people freak out about this so it gets a bad rap. It's one of the best for scar reduction because it penetrates and damages layers

well so they can be remodeled. You want to penetrate the scar enough for results and the surrounding healthy tissue little enough so there are no consequences but the remodeling process is stimulated. There is a thin line when doing this so you have to start small. Dermastamping and then putting TCA on the area for a few seconds is a very powerful at home method. Following it up with silicone sheets and skin recovery nutrients seems to have an effected and is well studied.

Very legit about Retin-A and skin peeling products. They should not be directly combined, the deeper you peel the longer time you need off of the retinoids.

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12-20-2016, 04:35 PM (This post was last modified: 12-20-2016, 04:36 PM by NormalfagsPissMeOff.) #4

NormalfagsPissMeOff

Be so good they can't ignore you

MASCULINITY CREW

Posts: 8,350
Threads: 457
Joined: Jul 2015
Reputation: **3,050**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: 1
Relationships: Zero

Skin maxing (especially when you have scars) is one of the toughest things out there
It's not just doing one surgery and being done with it

There are just so many procedures out there depending what your issue is, some doing fuck all (talking 5% improvement) and you need multiple session taking years

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12-21-2016, 04:22 AM #5

PenileFacialSurgery

Monster Poster

AUTIST

Lol at how fucked up your skin is

Posts: 6,277
Threads: 310
Joined: Nov 2016
Reputation: **5,261**
Tinder Matches: Zero
Dates: 3
Kisses: 1
Slay Count: Virgin
Relationships: Zero

don't look at me

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Nietzsche94
Guest

12-21-2016, 05:15 AM **#6**

> **KingMe Wrote:** (12-20-2016, 02:01 PM)
>
> Scar tissue is a type of collagen with a weaker composition than regular skin collagen.
> Scar tissue having this less resistant cellular formation in comparison to healthy skin cells is a weakness that can be targeted.
> Scars and pigmentation issues can be faded by breaking them down and stimulating remodeling process to replace and remove the affected tissue using the surrounding healthy tissue. This usually fades the edges and shallow portions first.
> You can fill in an indented scar by stimulating collagen and the skin remodeling processes in the surrounding tissues.
> Since scars aren't as resistant as healthy skin you can use certain things to break them down without doing damage to surrounding tissues or worsening scarring.

I had a scar in my eyebrow area last summer,
The fuckers who did the stitches took of the part of my eyebrow hair with a razor

The scar is healing, but the hair is not growing, only little bit in the surrounding area,

Would you think the minoxidil/ latisse/ ricine/ castor would help in hair Regrowth

Thanks in advance

Reply

KingMe
Ultra Super Poster

12-21-2016, 06:39 PM **#7**

> **PenileFacialSurgery Wrote:** (12-21-2016, 04:22 AM)
>
> Lol at how fucked up your skin is

GORILLA CREW

Posts: 5,375
Threads: 311
Joined: Oct 2016
Reputation: **9,947**

Skin on my face is decent, never was 'bad'. This is for scars anywhere on your body tbh.

> **Nietzsche94 Wrote:** (12-21-2016, 05:15 AM)
>
> > **KingMe Wrote:** (12-20-2016, 02:01 PM)
> >
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>
> Thanks in advance

Hair won't grow where you have a scar. You have to fade the scar to bring back the hair. Try some of these things to fade the scar, hair regrow products won't do shit. I had some on my scalp from childhood and they filled in a bit. Buy a dermapen and TCA and treat it at home, be careful don't get that shit in your eyes. If you don't get some results after 4-5 times you can try laser treatment or steroids to breakdown the scar.
PM me if you need more direct advice on this

Find

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12-21-2016, 07:09 PM

#8

tbh bone remodeling is imho more legit slayers can have bad skin but it doesn't matter because they don't have birdcel bone growth like incels

Ldarloser
Mega Super Poster

Posts: 2,609
Threads: 57
Joined: Sep 2016
Reputation: **816**

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12-21-2016, 07:20 PM (This post was last modified: 12-21-2016, 07:21 PM by KingMe.)

#9

> **Ldarloser Wrote:** (12-21-2016, 07:09 PM)
>
> tbh bone remodeling is imho more legit slayers can have bad skin but it doesn't matter because they don't have birdcel bone growth like incels

Ikr? I feel like bone remodeling science won't be advancing quickly any time soon. This is a short overview of 30-40+ years or so of skin remodeling science and we still can't do shit. It can take years to get results.

KingMe
Ultra Super Poster

GORILLA CREW

Posts: 5,375
Threads: 311
Joined: Oct 2016
Reputation: **9,947**

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Nietzsche94
Guest

12-22-2016, 12:28 AM

#10

KingMe Wrote: (12-21-2016, 06:39 PM)

> **PenileFacialSurgery Wrote:** (12-21-2016, 04:22 AM)
>
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>
>

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> **Nietzsche94 Wrote:** (12-21-2016, 05:15 AM)
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PM me if you need more direct advice on this

How much the dermpen and the TCA cost, and where can I find them?
Does the laser treatment give better results? if so , how much it costs?

Thasks m8

Reply

KingMe
Ultra Super Poster

GORILLA CREW

Posts: 5,375
Threads: 311
Joined: Oct 2016
Reputation: **9,947**

12-23-2016, 07:34 PM (This post was last modified: 12-23-2016, 07:35 PM by KingMe.) **#11**

> **Nietzsche94 Wrote:** (12-22-2016, 12:28 AM)
>
> > **KingMe Wrote:** (12-21-2016, 06:39 PM)
> >
> > Skin on my face is decent, never was 'bad'. This is for scars anywhere on your body tbh.
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> How much the dermpen and the TCA cost, and where can I find them?
> Does the laser treatment give better results? if so , how much it costs?
>
> Thasks m8

The dermapen is around $100 and is superior but you can just use a roller at 1.5mm if you don't have that much money. Dermarollers cost $10-15. TCA is a similar price and both can be found on Amazon. Dr. Pen is the best pen currently out there you can buy it direct, ebay or off a google search supplier.

Laser treatments work but they are expensive. A full face laser resurfacing is around $800 maybe a bit more or less depending on where you are going. For spot treatments they usually charge $100-200. Unless you are rich and want to result max fast start with the needle and acid approach. You can repeat this 5-10 times and see what kind of result you get. It doesn't target deep hypertrophic scars as well as the laser but will get rid of the thin areas so they can focus the CO2 laser on the important spots. Use a CO2 laser don't let them up-sell you on a shittier laser.

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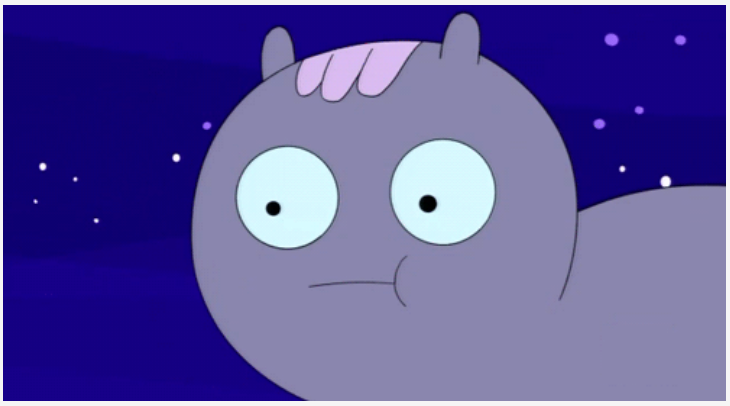
GloriousWin
Senior Member

Posts: 715
Threads: 29
Joined: Jan 2016
Reputation: **4,527**

12-26-2016, 07:48 PM **#12**

I've also heard anecdotally that *some* lasers lead to collagen breakdown and or fat loss in the face after a few years. I don't recall which ones, but make sure the one you pick isn't one of the ones that will make you look worse in the next few years.

> **lltvyr Wrote:**
>
> You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



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